

AUGUST 2010-CLASS SCHEDULE

SUN	MON	TUES	WED	THURS	FRI	SAT
1 Class topics for the week: GOT=Making Changes that Count + Snack Foods SOT=Cooking Quick and Light #1	2 1:15pm SOT 5pm GOT 6:15pm SOT	3	4	5 5pm SOT 6:15pm GOT	6	7 9/10:30am SOT 12:15pm GOT
8 GOT=Accumulating Activity + Sweets SOT=Eating Out	9 1:15pm SOT 5:00pm GOT 6:15pm SOT	10 HT #1	11 5:30-7:30pm "Finding the Balance"	12 5:00pm SOT 6:15pm GOT	13	14 9/10:30am SOT 12:15pm GOT
15 GOT=Knowing Nutrients + Vegetables SOT=Designing a Healthy Environment	16 1:15pm SOT 5:00pm GOT 6:15pm SOT	17 HT #2	18	19 5:00pm SOT 6:15pm GOT	20	21 9/10:30am SOT 12:15pm GOT
22 GOT=Measuring Progress + Protein SOT=Meal Planning #3	23. 1:15pm SOT 5:00pm GOT 6:15pm SOT	24 HT #3	25	26 5:00pm SOT 6:15pm GOT	27	28 9/10:30am SOT 12:15pm GOT
29 GOT=Making the Transition + Mixed Meals SOT=Exercise and Weight Loss #2	30 1:15pm SOT 5:00pm GOT 6:15pm SOT	31 HT #4	Sept 1	2 5:00pm SOT 6:15pm GOT	3	4 9/10:30am SOT 12:15pm GOT-

QUESTIONS: Call 505/314-2025

"GOT" = Getting on Track class

"SOT" = Staying on Track class

"DCC" = Dr. Care Clinic (Sign up required)

"Finding the Balance" = Post-bariatric Surgery, medically-based Support Group

"HT" = Healthy Thinking class